



PUBLIC HEALTH CONNECTIONS

January- 2016 Volume 16, Issue 1

Bureau of Community Health Systems

Susan Mosier, Secretary

Sam Brownback, Governor

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Regional Public Health Meetings

*by Teri Caudle, Public Health Specialist,
Local Public Health Program , BCHS, KDHE*



The 2016 regional public health meetings are designed to connect local health departments (LHD) with programs and best practices that will benefit the work you do within your communities. They also provide the opportunity to network with other administrators and public health professionals. These meetings are planned for the local LHD administrator; however, any staff person interested in a particular topic is welcome to attend. Register on KS-TRAIN <http://ks.train.org>, Course ID #1060939.

The agenda includes the following: KDHE Bureau of Family Health Discussion; MCH and Family Planning Staff and KDHE Immunization Program Updates, Policies and Plans; Phil Griffin, Program Section Chief and Regional Immunization Nurses.

The dates and locations are:

- SE Region, Chanute – January 14, 2016
- SC Region, Hutchinson – February 3, 2016
- SW Region, Garden City – February 10, 2016
- NW Region, Oakley – February 11, 2016
- NC Region, Beloit – March 2, 2016
- NE Region, Topeka – March 8, 2016

If you have ideas for regional meeting topics please contact Teri Caudle at tcaudle@kdheks.gov

WSU Establishes Community Engagement Institute

*by Sonja Armbruster, Director
WSU Center for Public Health Initiatives*

Wichita State University's Center for Community Support and Research (CCSR) has changed its name to the Community Engagement Institute and transformed to include six individual centers.

- Center for Applied Research and Evaluation, Tara Gregory, Director
- Center for Behavioral Health Initiatives, Randy Johnson, Director
- Center for Leadership Development, Seth Bate, Director
- Center for Public Health Initiatives, Sonja Armbruster, Director
- Center for Organizational Development and Collaboration, Amy Delamaide, Director
- The ImpACT Center, Teresa Strausz, Director



WICHITA STATE
UNIVERSITY
COMMUNITY ENGAGEMENT
INSTITUTE

The goal of the institute is to promote best practices in organizations and communities interested in improving people's lives, as well as fostering connections with community partners looking to create positive change, says Scott Wituk, Executive Director.

The institute will do that by providing technical and practical capacity building, training, coaching, evaluation, project management and related supports. Students will also work alongside staff at the institute, providing applied learning opportunities for the students.

The Community Engagement Institute moved into its new office at WSU Old Town, 238 N. Mead, Wichita. Click [here](#) to learn more information about the Community Engagement Institute. To learn more about the Center for Public Health Initiatives contact Sonja Armbruster, Sonja.Armbruster@wichita.edu.

National Public Health Week 2016 Campaign Underway

from the APHA Website

HEALTHIEST NATION 2030

Join the American Public Health Association (APHA) for National Public Health 2016. This year's campaign will occur April 4 - 10 with the theme Healthiest Nation 2030. Learn more by signing up to receive updates at www.nphw.org and following @NPHW on Twitter. Mark your calendars now for the NPHW 2016 Twitter Chat. This event will take a place on Wednesday, April 6, 2 p.m. [RSVP here](#). More information on this and other events will be available soon.

Chesnut Chairs Council of Affiliates

by the Local Public Health Program, KDHE



The [Council of Affiliates](#) (CoA) was formed to promote efficient and effective communication and coordination of affiliate activities and affairs with the American Public Health Association (APHA). The 2016 CoA chair is Eldonna Chesnut, Division Director of Child Care Licensing, Johnson County Department of Health and Environment. The CoA has evolved into a collaborative relationship between APHA and each of its 53 affiliated associations, with both working to strengthen the other. The CoA ensures that each entity is empowered by the other, recognizing that affiliate activity is critical to APHA success and likewise, APHA affiliate resources are essential to strengthen each affiliate and keep the collaborative cycle active. The CoA chair is a member of the APHA Executive Board for a one year time frame.

2016 Student Opportunities in Public Health

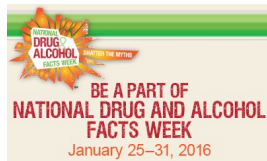
from CDC



The Centers for Disease Control and Prevention (CDC), Office of Minority Health and Health Equity (OMHHE) has a webpage for [2016 Student Opportunities in Public Health](#). The OMHHE supports internship opportunities for qualified undergraduate and graduate students to gain meaningful experiences in public health settings. Whether you are looking for a summer internship or a year-long fellowship, the programs provide valuable exposure to a wide range of public health opportunities. CDC also sponsors student opportunities in environmental health, infectious disease, health promotion, informatics and many other public health focus areas. Check out the listing for other student opportunities on the OMHHE webpage.

National Drug & Alcohol Facts Week, January 25 - 31

by Brian Marquis, NIDA Public Liaison Officer



The National Institute on Drug Abuse (NIDA) invites you to participate in the 6th annual [National Drug & Alcohol Facts Week](#) (NDAFW), a national health observance from January 25 - 31. NIDA, part of the National Institutes of Health, developed NDAFW to get the science out to teens about the effects of drug and alcohol use on the brain, body, and behavior through community-based events and activities and to help shatter their myths about drug and alcohol abuse and addiction. [National Drug & Alcohol Facts Week](#) is a unique opportunity to provide families/teens educational

resources and tools that they can use to address the consequences of substance abuse including drunk driving, drugged driving and underage drinking. The goal of National Drug & Alcohol Facts Week is to empower youth to make positive choices by equipping them with the facts about drug and alcohol use and addiction.

Here's how you can get involved:

- Share this information with your networks and encourage their participation in [NIDA for Teens](#).
- Register to organize an educational event or activity for youth during NDAFW. To help you plan, NIDA provides a [step-by-step toolkit](#), which includes a list of [suggested activities](#), and a free [drug facts booklet](#), which can be distributed at events.
- Promote through social media with these [sample messages about NDAFW](#) and the scientific facts about drug and alcohol abuse.
- A customized email blast/RSS feed
- A customized video for YouTube.
- Collaborate on a guest blog post for NIDA's [Drugs and Health blog for teens](#).

We look forward to hearing from you and please don't hesitate to contact NIDA at bmarquis@nida.nih.gov.

Radon – Test. Fix. Save a Life.

by Jessica Willard, [Kansas Environmental Public Health Tracking Program](#) and Isabelle Busenitz, [Kansas Radon Program](#), KDHE



You probably know that smoking is the number one cause of lung cancer in the U.S. But did you know that radon is the second leading cause overall and the leading cause of lung cancer for non-smokers? Mix radon and smoking and the risk of developing lung cancer is significantly higher. Health practitioners have done a great job of spreading the word to quit smoking. Now we need to raise awareness of the risks associated with radon exposure in homes, especially among those that smoke. The only way to know if you are being exposed to radon in your home is to test because it is an odorless and colorless radioactive gas. Test kits are inexpensive and easy to use. They can be purchased at most home improvement stores or through a local contractor. Low cost test kits are available at most county extension offices. Regulations require radon testing during a real estate transaction to be conducted by a certified radon measurement technician. More information on radon and a list of certified contractors can be found on the [Kansas Radon Program website](#). Homes with elevated radon levels can be fixed. [Test. Fix. Save a life.](#)

Marshall, Nemaha Counties Celebrate Success of Healthy Early Learning Project During National Rural Health Day 2015



On National Rural Health Day in November 2015, Valley Heights Unified School District (USD) #498 and its community consortium partners celebrated their successful implementation of the Health Early Learning Project (HELP). HELP was developed to address early childhood obesity in Marshall and Nemaha Counties located in rural Northeast Kansas. USD #498 received a three-year Rural Health Care Services Outreach grant from the Health Resources and Services Administration, Federal Office of Rural Health Policy in 2012 to implement HELP. Built on a model previously developed for K-12 students in the same counties, evidence-based physical activity and nutrition curriculum and resources were integrated into preschool classrooms to increase students' physical activity levels and consumption of fruit and vegetables. The project was implemented in six public school preschool sites; three Head Start sites; and through four district Parents as Teachers programs throughout the cities of Axtell, Blue Rapids, Frankfort, Marysville, Vermillion, Waterville, Centralia, Sabetha and Seneca. All sites collected physical activity and nutrition baseline data and received training pertaining to the curriculum.

Results at the completion of the grant program show that the communities experienced many positive outcomes in the prevention of early childhood obesity. All sites now have health advisory teams and written policies in place to address nutrition and physical activity. Preschool sites that offer a daily snack of fruit and vegetables increased from 52% to 100% and the number of students attaining the recommend 60 minutes of activity per day increased from 31% to 98%.

Communities and local schools involved in the project also experienced changes in the knowledge, attitudes and behaviors of providers and community members. Parental awareness on the importance of nutrition and physical activity has increased due to outreach conducted by preschool sites. Furthermore, preschool instructors have approached their teaching instruction in a new way and recognize the benefits and significance of nutrition and physical activity events within the preschool setting.

"The outcomes of this project could definitely benefit other small rural communities and be easily replicated", said Philisha Stallbaumer, HELP Project Director. "Most of the activities are incorporated into the school setting, so the model can be applied to other school districts with very little adaptability. The curriculum can be used in any type of preschool environment, as demonstrated by both the participation of Head Start preschools and school-based preschools. We have learned that the earlier you address childhood obesity and chronic disease, the better".

For more information about HELP, please contact Philisha Stallbaumer, Project Director, at 785-292-4453.

FQHC Opens in Cowley County

*by David Brazil, Executive Director
Community Health Center in Cowley County, Inc*



In the fall of 2015 the Community Health Center in Cowley County, Inc. began operating a Federally Qualified Health Center (FQHC) in Winfield. Treasure Wehner, D.O. was retained by the Community Health Center as its first physician and Medical Director.

The plan for the Community Health Center in Cowley County developed over the past eight years beginning with a call for a low cost clinic in the 2006 Cowley First – Vision 20/20 Community Strategic Plan. The City-Cowley County Health Department facilitated a FQHC new access point planning grant in 2012. The Board of Directors for the resulting 501(c)3 non-profit corporation applied for the FQHC designation in the fall of 2014 and received the designation in June of 2015.

Patients are receiving low-cost primary and preventative medical services and will be offered additional health services as the center develops and grows. The Community Health Center offers a sliding-fee discount schedule to provide health services at a lower cost based on the individual or family's ability to pay.

The FQHC program is celebrating 50 years and receives strong federal bi-partisan support. A significant part of its mission is to expand healthcare service to individuals and families that are uninsured or underinsured. Federally Qualified Health Centers serve the primary healthcare needs of 23 million patients at over 9,000 locations across America.

Community Health Centers create savings in healthcare every time a patient opts for an exam and treatment at the first sign of a health issue. Every health center tailors its services to meet the unique needs of the people in its surrounding community. This local approach to healthcare, combined with an emphasis on comprehensive preventative care, generates \$24 billion in annual savings to the healthcare system; and for the American taxpayer, local, state and federal governments and public and private payers alike.

For more information on Federally Qualified Health Centers go to, <http://bphc.hrsa.gov/about/index.html>.

Do You Employ New Public Health Graduates - Changes are on the Horizon

from the Public Health Foundation website



The [Council on Education for Public Health](#) (CEPH) is the accrediting agency for schools and programs in public health at the baccalaureate, master's and doctoral levels. CEPH is in the midst of one of the most significant changes in decades to the curricula for Master of Public Health students.

These proposed changes have been made in response to years of feedback from employers and graduates about knowledge and skills needed in the public health workforce of today and in the future. In her PHF Pulse Blog post, CEPH's Executive Director Laura Rasar King requests that you provide feedback on [proposed changes to the accreditation criteria for schools and programs in public health](#) through January 8.

ACCREDITATION CORNER

Kansas Accreditation Readiness Project Begins Second Year

by Cristi Cain, Director, Local Public Health Program, BCHS, KDHE

Katie Mahuron, WSU, Community Engagement Institute



The Kansas Accreditation Readiness Project (KARP) will begin its second year, January 21 with a new and improved project format. The project is an opportunity for local health departments to better understand how they may use the accreditation process to develop practices and strategies to become a high performing health department. There are seven core counties participating, and four additional counties that have expressed interest in participating.

Several changes have been made to the program based on the feedback from participants in the first year. This year's project will not include any peer county partnerships, but will instead focus on group discussions between all participants. Additionally, there will be an increased focus on in-person technical assistance and training. Another key change is that the online learning collaborative has been shortened to one hour sessions. Each month focuses on a single Public Health Accreditation Board (PHAB) domain, and the group will work through the domains in numerical order. In addition to the shorter monthly sessions, there will be a short pre-session webinar that participants can view at their own pace. The monthly learning collaborative webinars are on the third Thursday of each month at 2 p.m. on Adobe Connect. Please join us each month or participate in a specific session of interest at: <https://wichitaccsr.adobeconnect.com/karp/>.

If you have any questions about participating, please contact Katie Mahuron at Katie.Mahuron@wichita.edu or 316-978-6776.

Community Health Status Indicators: Your Input Needed

from the NACCHO website



The National Association of County and City Health Officials (NACCHO) is currently working with the CDC to conduct an evaluation of the [Community Health Status Indicators \(CHSI\) 2015 Website](#), an interactive tool that produces health profiles for all 3,143 counties in the United States. Each profile includes key indicators of health outcomes, which describe the population health status of a county and factors that have the potential to influence health outcomes.

The purpose of the evaluation is to understand the tool's value and utility in assisting local health departments (LHDs) with community health improvement planning processes and understanding the value of CHSI relative to similar tools such as County Health Rankings & Roadmaps. Primary methods of data collection include focus groups and key informant interviews with LHD staff with varying levels of knowledge and experience with CHSI.

NACCHO would like to gauge your level of familiarity with CHSI and your interest in participating in either a virtual focus group (90 minutes) or phone interview (1 hour). In order to get the most accurate feedback, we are primarily targeting local health departments that are direct users of CHSI or have familiarity with the tool. To assist with recruitment, please click on this link and respond to [this brief survey which should take less than 2 minutes to complete](#). Please share this communication with other staff that may have experience with using CHSI. Contact Pooja Verma with questions at pverma@naccho.org.

PHAB Standards and Measures Version 1.5 Errata Document Available

from the PHAB website



An updated version of the [PHAB Standards and Measures, Version 1.5](#), has been uploaded to the PHAB website. Since the release of PHAB Standards and Measures Version 1.5 in January 2014, PHAB has identified and fixed spelling, grammatical, and naming errors within the standards and measures document. More importantly, PHAB has found content errors in required documentation descriptions and guidance for required documentation that may affect a health department's understanding and interpretation of the standards and measures. [PHAB has detailed these errors in an errata document](#).

Please note that these are minor content errors and do not change the current document version number. If you have any questions or concerns about the above errata, specific questions about the standards and measures, or knowledge of additional errors of which PHAB should be made aware, please contact Robin Wilcox, PHAB Chief Program Officer, at rwilcox@phaboard.org, or via phone at 703-778-4549, ext. 106.

Funding Opportunities

Rural Health Network Development Planning Program Funding Opportunity - Deadline January 8, 2016



The Federal Office of Rural Health Policy (FORHP) is pleased to announce the release of the Rural Health Network Development Planning Program funding opportunity. This is a one-year community-driven program targeted to assist in the planning and development of an integrated health care network. Health care networks can be an effective strategy to address a broad range of challenges unique to rural communities by bringing together rural health care providers and other community organizations. For grantees, this funding provides an opportunity to implement new and innovative approaches to adapting to a changing health care environment that may serve as a model to other rural communities to better align and coordinate local health care services. The increasing focus on showing value in health care delivery creates incentives to develop regional systems of care that preserve local autonomy for rural communities while also ensuring access to the appropriate continuum of care for the local service population. Previously, funded projects supported efforts related to workforce retention and recruitment, behavioral health, telehealth, care coordination and health information technology.

Historically, grantees have mastered the art of leveraging finances by using FORHP grants to catapult their sustained efforts; they have been able to combine federal funds with local and foundation dollars to support the continuation and development of health care services in rural areas. The previous cohort of Network Planning grantees secured over \$2.2M in additional funding to assist in sustaining their programs, demonstrating the importance of collaboration with other organizations in the community.

For the first time, applications that propose strategies to support continued access to viable health care services are encouraged. Recognizing that 57 rural hospitals have closed since 2010, communities that have emergency medical services that either have at least one rural hospital at financial risk of closing and/or converting or within communities that have experienced a recent hospital closure and/or conversion may submit an application. Network planning activities that model evidence-based frameworks or models that work are encouraged as well.

To learn more about applying for the FY16 Rural Health Network Development Planning Program, HRSA-16-017, please visit <http://www.grants.gov/web/grants/view-opportunity.html?oppld=279931> and click the package tab or contact Amber Berrian at a berrian@hrsa.gov.

FORHP will hold a technical assistance webinar on Wednesday, December 2 from 1- 2 p.m. CST to assist applicants in preparing their applications.

The Adobe Connect webinar and call-in information is as follows:

Conference line (for audio): 800-593-0693, passcode: 2922383

URL (for web): <https://hrsa.connectsolutions.com/networkplanningtawebinar/> and enter as a guest.

Prior to joining, please test your web connection: https://hrsa.connectsolutions.com/common/help/en/support/meeting_test.htm

Kansas Health Foundation's Recognition Grants - Deadline March 15



Applications for the Spring 2016 cycle of the Kansas Health Foundation's Recognition Grant program are due by March 15. Recognition Grants expand the Foundation's support to a broad range of organizations throughout the state. The grants are targeted to organizations and agencies proposing meaningful and charitable projects that fit within the Foundation's mission of improving the health of all Kansans. In addition to supporting projects, the Foundation also seeks to support initiatives that focus on promoting policy, systems and environmental (PSE) transformations that support health. To learn more, visit the official [Recognition Grant home page](#) for complete information.

Training and Conference Announcements

Preparedness Program Launches Chempack Course



The Kansas Department of Health and Environment (KDHE) Preparedness Program recently launched an online course in KS-TRAIN at <http://ks.train.org>, KDHE: The Strategic National Stockpile (SNS): Kansas Chempack, Course ID# 1060191 for the preparedness workforce. By the end of the two-hour course learners will be able to successfully:

- Define the CHEMPACK Program
- List the six types of chemical warfare agents
- Identify the signs and symptoms of mild, moderate and severe nerve agent poisoning
- Identify the five products in the CHEMPACK container
- Explain what each product in the container is used for
- Identify five of the responsibilities of a CHEMPACK cache location

WSU Offers Online Badges for the Public Health Workforce



Wichita State University's (WSU) new badge program, which launched August 2015, kicked off with the first of six badges aimed at public health professionals. The Care of Population Health Professions, Badge 1 will continue to be offered in the spring. In addition, WSU will roll out the rest of the Care of Population badges throughout the upcoming semester:

Badge 2 - Available January 19, 2016

Badge 3 - Available February 9, 2016

Badges 4, 5, & 6 - Available March 9, 2016

The Care of Population badges are tied directly to Tier 1 of the Public Health Core Competencies and provide important knowledge for any professional working in the public health industry. At \$100 each, these badges are very affordable and have already been approved for 7.5 contact hours for both nursing and social work re-licensure. Other licensed professionals may self-submit this course to their licensing board for contact hour approval.

In addition to receiving contact hours, professionals who successfully complete Care of Population badges will receive 0.5 of a credit hour that will appear on a transcript indicating that academic work was successfully completed in a short course. This is especially useful for those who are planning to or are already working through the RN to BSN program at WSU as these are considered credit courses and will count toward their degree.

Learn more about the badge program and how to register through KS-TRAIN at <http://ks.train.org>, WSU: HP 570BA, Care of Population Health Professions Badge 1, Course ID# 1059105 or go to www.wichita.edu/badges.

Personal Protective Equipment -Training, Use and Practice for Health and Medical Personnel Dates Scheduled Through June of 2016



Make plans to attend one of the Kansas Department of Health and Environment sponsored trainings on Personal Protective Equipment (PPE). The course is presented by the Kansas National Guard, 73rd Civil Support Team and is designed to provide attendees with information and ample time for hands on practice of donning and doffing. Course content focus is on highly infectious disease events. Specific course information and registration for the PPE training is on KS-TRAIN at <http://ks.train.org>, course ID# 1056977.

Space in each class is limited, so mark your calendar and register now to attend. There is no fee to attend this course.

The following are the dates and locations scheduled for the training. For detailed course information and address for training venue, go to KS-TRAIN.

- January 25, 2016 – Kansas City, KS
- January 26, 2016 – Olathe
- February 16, 2016 – Liberal
- February 17, 2016 – Garden City
- February 18, 2016 – Dodge City (location TBD)
- March 8, 2016 – Pittsburg
- March 9, 2016 – Parsons
- March 10, 2016 – Chanute
- April 13, 2016 – Hutchinson (location TBD)
- April 14, 2016 – Hoisington (location TBD)
- May 17, 2016 – Marysville (location TBD)
- May 18, 2016 – Abilene (location BD)
- June 8, 2016 – Oakley (location TBD)

If you have questions, or need additional information, contact Lisa Williams, lawilliams@kdheks.gov or 785-296-1984.

2015 San Antonio Breast Cancer Symposium Review - February 27, 2016



Registration is now open to attend the [2015 San Antonio Breast Cancer Symposium Review](#), February 27, 2016 at the Sheraton Overland Park Hotel in Overland Park.

This symposium is directed towards physicians, nurses, and other healthcare professionals involved in breast cancer prevention treatment and survivorship. Speakers at this conference will integrate new information presented at the 2015 San Antonio Breast Cancer Symposium; into existing paradigms. Discussion will be relevant to researchers, physicians, and physician extenders who care for patients with breast cancer or those at risk for the disease. Debu Tripathy, MD, Professor and Chair, Department of Breast Medical Oncology, The University of Texas MD Anderson Cancer Center is the invited speaker. The Symposium is sponsored by University of Kansas Cancer Center and the University of Kansas Medical Center Continuing Education.

Job Task Analysis in Public Health: What are the Essential Tasks of Public Health Professionals



The one-hour [webinar](#) posted to YouTube, Job Task Analysis in Public Health: What are the Essential Tasks of Public Health Professionals, by the National Board of Public Health Examiners (NBPHE) presented in October the results of a seminal

Job Task Analysis for public health professionals. Presenters will share a profile of respondents, how they measured critical tasks which are performed by those working in public health and thoughts about implications for both academic public health and the CPH credential.

Community Health Promotion Summit - January 28 - 29, 2016

by the Bureau of Health Promotion



Mark your calendars for the Chronic Disease Risk Reduction Program annual summit January 28 and 29, 2016, at the Kansas Cosmosphere and Space Center in Hutchinson. Registration is now open through KS-TRAIN at <http://ks.train.org>, course ID# 1066674.

The Bureau of Health Promotion, Kansas Department of Health and Environment is excited to announce Brian King, PhD, MPH as the keynote speaker. As the deputy director for research translation in the Office of Smoking and Health at the Centers for Disease Control and Prevention (CDC), Dr. King was a contributing author of the 50th Anniversary U.S. Surgeon General's Report on Smoking and Health. He has authored or co-authored more than 60 peer-reviewed scientific articles about tobacco prevention and control, and was the lead author of CDC's 2014 evidence-based guide, Best Practices for Comprehensive Tobacco Control Programs. Dr. King has worked for ten years to provide sound scientific evidence to inform tobacco control policy and to effectively communicate this information to key stakeholders, policy-makers, the media and the general public.

A few changes of note about the 2016 event:

- The Chronic Disease Risk Reduction (CDRR) Annual Summit is being retitled the Community Health Promotion Summit.
- The focus will be on building momentum to end the tobacco epidemic in Kansas.
- All organizations submitting applications for SFY 2017 CDRR funding are required to attend – important information about the application will be provided. Applications are due in March 2016.

You. Lead. Now. Leadership Development - Monthly Live Session Opportunities



Designed for those at every level, from all sectors who are ready for a transformational leadership development experience. You. Lead. Now. is open to anyone interested in improving their effectiveness to make progress on difficult issues in their community, however you define community.

This impactful three-day program developed and lead by the [Kansas Leadership Center](#), will introduce a leadership framework practiced by thousands of alumni across Kansas as well as cover important Public Health Competencies. Participants will receive a certificate upon completion of this program. You. Lead. Now. is a three-day leadership development experience during which you will learn new skills and gain new knowledge and insight based on the Kansas Leadership Center principles: Leadership is an activity, not a position; Anyone can lead, anytime, anywhere; It starts with you and must engage others; Your purpose must be clear and It's risky.

The Kansas Leadership Center (KLC) equips people with the ability to make lasting change for the common good. KLC is different in the field of leadership development with its focus on leadership as an activity, not a role or position. Open to anyone seeking to move the needle of tough challenges within their community, however it's defined. KLC envisions more Kansans sharing responsibility for acting together in pursuit of the common good.

You. Lead. Now. will provide:

- Knowledge to create change within an organization.
- Skills to intervene more effectively to help a team or small group make progress.
- Insight into your unique, personal opportunity to make a difference, to lead now.

You. Lead. Now. is offered once each month in 2016, February through November, at the Kansas Leadership Center & Kansas Health Foundation Conference Center in downtown Wichita. To learn more and register for this educational event go to KS-TRAIN at <http://ks.train.org>, Course ID# 1060027.

Your Leadership Edge: A KLC Experience



Your Leadership Edge (YLE) serves as a headquarters where you can access short videos, discussion boards, Kansas Leadership Center (KLC) content and video chats aimed at helping you make progress on your most important leadership challenges. At Your Leadership Edge: A KLC Experience, we know change doesn't just happen if you wish for it while clicking your heels. Instead, change happens if enough people exercise leadership. YLE is a subscription portal that anyone can access from anywhere around the world, unless you don't have a subscription or an internet connection. The portal gives you access to the Kansas Leadership Center resources and teachings, both online and in-person. Your Leadership Edge operates as a subsidiary of the Kansas Leadership Center with all profit directed back to the mission work of the organization.

To learn more about Your Leadership Edge and to register for the education offerings go to KS-TRAIN at <http://ks.train.org>, Course ID# 1060353. There is a \$200 fee associated with this program. KLC hopes you choose to take advantage of this amazing experience. If you have any questions, please do not hesitate to contact Janell Linnebur, Program Assistant at 316-712-4953 or email her at jlinnebur@kansasleadershipcenter.org.

Exhibitor Registration for the 2016 Kansas Governor's Public Health Conference is Now Open



Exhibitor registration for the 2016 Kansas Governor's Public Health Conference is now open.

Go to www.wichita.edu/conferences/publichealth for more information on exhibiting at the conference April 27, or click the logo to view the exhibitor brochure. If you have exhibitor questions contact James Brewster, Conference Coordinator at 316-978-6752 or james.brewster@wichita.edu.

News and Resources



Population Health and Preparedness Statewide Call

The Kansas Department of Health and Environment (KDHE) hosts a Population Health and Preparedness Statewide Call on the fourth Tuesday of every month at 10 a.m. The next call will be January 26. To view minutes from the monthly calls, click the KDHE logo.



Infectious Disease Efforts See Gains in 2016 Budget

The [Center for Infectious Disease Research and Policy \(CIDRAP\)](#) reported at the end of December 2015 that Congress passed a \$1.15 trillion budget for the upcoming year, giving the National Institutes of Health (NIH) its biggest increase in 12 years, providing new funds to help the Food and Drug Administration (FDA) implement food safety reforms passed 5 years ago, and including modest gains for other public health activities. The House and Senate both passed the Consolidated Appropriations Act on December 18, 2015, and President Barack Obama signed it into law the same day. The budget bill funds the government until October 1, 2016. The day before the passage, the American Public Health Association (APHA) said it supported the omnibus spending bill, saying overall, public health improved in spending, but it remains woefully underfunded.



ATSDR: Working to Safeguard Communities from Harmful Chemicals

For more than 30 years, the [Agency for Toxic Substances and Disease Registry](#) of the Centers for Disease Control and Prevention – or ATSDR – has worked to protect the public's health by preventing harmful exposures and diseases related to toxic substances. To highlight the vital and complex work the agency is doing, beginning in April of 2015, the American Public Health Association (APHA) and ATSDR co-sponsored a five-part webinar series. The series explored the agency's role as an integral partner in: determining chemical threats; supporting communities with their environmental health concerns; protecting children and vulnerable populations; and supporting the specific needs of native tribes. Check out the recordings on the APHA [website](#). Stay tuned for more great resources from ATSDR to come in 2016, and visit [APHA's environmental health page](#) for more information on this topic.



Regular Coffee Consumption is Linked to Lower Death Risk

National Cancer Institute research published in the [American Journal of Epidemiology](#) reported on a decade long study in U.S. that people who consumed coffee everyday showed less chances of dying due to many causes, like heart disease and diabetes, in comparison to the ones who didn't consume coffee at all. The more was the consumption of coffee, the lower was the study participants' risk of dying, and similar pattern was shown by decaf drinkers.



The 10 Healthiest and Least Healthy States in the U.S.

The United Health Foundation, along with the American Public Health Association, has put together its [2015 ranking of the healthiest—and least healthy—states in the union](#). Researchers have been releasing the [America's Health Rankings Annual Report](#) for 26 years running. And let's just say that running is something that we, as a nation, ought to be doing a lot more of. The report factors in a range of statistics on behaviors and health outcomes, such as smoking, binge drinking, drug deaths, obesity, physical inactivity, infant mortality, and cancer and cardiovascular deaths. It also ties in immunization rates, crime, air pollution, the prevalence of people without health insurance, mental health and other measures to come up with a weighted nationwide ranking.



Oral Health Kansas Awarded New Water Project

Drinking water is critical to prevent chronic disease, preserve and improve oral health, and for cognitive development in growing children. Yet, many communities struggle to provide their residents with clean, safe drinking water. And, it may not be easily accessible to Kansans where they live, work and play. Through the [Improving Public Health Through Access to and Consumption of Water initiative](#), the Kansas Health Foundation is funding five organizations across the state to improve health outcomes by improving Kansans' access to water. [Oral Health Kansas](#) is proud to be a part of this new initiative. We will work with school districts across the state to improve students' access to and consumption of water during the school day. The project will address barriers to drinking water during the day, as well as ways to make water the fun drink for students to choose. The other four grantees are the Kansas Health Institute, KU School of Medicine – Wichita, Northwest Kansas Council on Substance Abuse, Inc. and the Sunflower Community Action, Inc.



Exercise Is Medicine---At Any Dose?

The benefits of exercise are indisputable and the current perception is that a curvilinear relationship exists between the amount of physical activity and the related health benefits. Many studies have demonstrated that physical activity is associated with reduced risk of cardiovascular diseases, diabetes, cancer, and dementia in a dose-dependent fashion. However, [recent studies](#) suggest that high doses of exercise can be harmful and are associated with increased risk of cardiovascular mortality.

Unifying the Assets of Our Communities to Strengthen Public Health



The [Foundation for the Public's Health](#) published an [article](#) in December 2015 by LaMar Hasbrouck, Executive Director, National Association of County and City Health Officials. He discussed that building on the promise of public health means optimizing the health of communities, and ultimately all of the nation's residents, by creating the conditions people need to be healthy. This begins by understanding how your objectives, as public health professionals, differ from those of professionals in the healthcare system. In public health, instead of treating individual patients, you regard the whole population you serve as the patient.

As a result of the myriad of factors that affect health, building on the promise of public health demands collaboration. One of the most effective ways of collaborating involves leveraging the assets that exist in every community. This type of asset-based community development model works better than trying to create assets that don't already exist. Local health departments, often conveners in their communities, can partner with a variety of different organizations to leverage their infrastructure and relationships to benefit the health of their jurisdictions. The solution, as it often does, involved having the conversations, building the relationship, and finding how to align priorities in a way that ultimately benefited everyone. When public health works in isolation, the community suffers.

Public health must extend its reach beyond the walls of its facilities to truly promote wellness on the population level. Governmental spending for public health is declining and experts expect that trend to continue. As the public health umbrella expands to serve a larger number of individuals and address the environmental factors often contributing to negative health outcomes, the system will need resources. As you leverage the visible assets of your communities—retail pharmacies, law enforcement, hospitals, schools— one asset is less visible but just as important: philanthropists, both individuals and organizations. They have money and they want to give it away. But you need to know how to ask them and how to build a relationship with them. The Foundation for the Public's Health has been created to serve as a central hub for this type of expertise, dedicated to the flourishing of the public health sector. They are your ally in this uphill journey and they deserve your support.

Mall Walking this Winter – Physical Activity is Essential to Healthy Aging



Regular physical activity, including walking, can help lower your risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. These diseases occur more often as people get older. Regular physical activity can also help control weight, improve sleep and, for older adults, help maintain independence, reduce the risk of falling down and delay the start of mental decline, like being forgetful. Even with all the benefits of physical activity, middle-aged and older adults are among the most physically inactive groups in the country. Walking is a great way for you to be physically active because it doesn't require special skills and can be done at almost every activity level. Mall walking is a great way to [get moving](#). Then, when the shops open you can take advantage of where you are to do some shopping for your kids and grandkids!

How the U.S. Won a Major Victory in the Fight Against SIDS



Sudden Infant Death Syndrome is the leading cause of death of children under age 1, and more than 2,000 infant deaths are attributed to it in the U.S. every year. But a study published in January 2016 by the journal [PEDIATRICS](#) is a reminder of how far we've come, thanks to public health campaigns to combat smoking, teen pregnancy and dangerous sleeping environments.

Kansas City Area Jurisdictions Raise Age to Buy Tobacco



The Kansas City, Mo., City Council voted in November 2015 to raise the minimum age for [purchasing tobacco products to 21](#), on the day of the American Cancer Society's annual Great American Smokeout. A similar measure was passed by the Unified Government of Wyandotte County and Kansas City, Kan. It's part of a national initiative to get communities around the US to raise the legal age for purchasing tobacco products.

WHO Study Shows 3.7 billion People Affected with Herpes Virus



More than half the world's population is infected with the form of the herpes virus that causes cold sores, according to new numbers from the World Health Organization. The study, [published in the journal PLoS ONE](#), reports that 3.7 billion people under age 50 carry herpes simplex virus Type 1 (HSV-1), which is transmitted through saliva.

Prosocial Behavior Mitigates the Negative Effects of Stress in Everyday Life



Recent theories of stress reactivity posit that, when stressed, individuals tend to seek out opportunities to affiliate with and [nurture others to prevent or mitigate the negative effects of stress](#). Results showed that on a given day, prosocial behavior moderated the effects of stress on positive affect, negative affect, and overall mental health. [Findings](#) suggest that affiliative behavior may be an important component of coping with stress and indicate that engaging in prosocial behavior might be an effective strategy for reducing the impact of stress on emotional functioning.

Job Postings

Applications are being accepted for the positions listed below.

Barton

- [Public Health Nurse / Immunizations](#)

Geary County

- [Accountant](#)
- [Nurse Practitioner \(APRN\)](#)
- [Student Dietetic Experience](#)

Kansas Department of Health and Environment

- [Public Health Specialist](#)

Reno County Health Department

- [Older Adult Services Supervisor](#)
- [Public Health Nurse Stand by \(PRN\)](#)

Riley County Health Department

- [WIC Dietitian](#)

Saline County

- [Home Health Coordinator](#)

Shawnee County Health Agency

- [RN MCH Outreach \(Health Agency\)](#)

Sedgwick County

- [Blood Lead Specialist](#)
- [Medical Assistant](#)
- [Part-time Breastfeeding Peer Counselor](#)
- [FIMR Coordinator](#)

Wyandotte County

- [Nurse Practitioner](#)



Career opportunities at the Kansas Department of Health and Environment can be found [here](#).

Kansas Department of Health and Environment Program Newsletters

[Epi Updates Newsletter](#)

[Green Guide](#)

[Health Homes Herald](#)

[KanCare Advisor](#)

[Kansas Environmental News](#)

[Kansas Health Statistics Report](#)

[Kansas Statewide Farmworker Health Program](#)

[Newborn Screening Newsletter](#)

[Nutrition and WIC Update](#)

[Oral Health Newsletter](#)

[What's Happening Wednesday \(Immunization\)](#)

[ZIPS Newsletter - Bureau of Family Health/Children and Families](#)

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Send your public health news to

Debbie Nickels at dnickels@kdheks.gov.